

Opioid Programming Webinar

Botvin LifeSkills Program

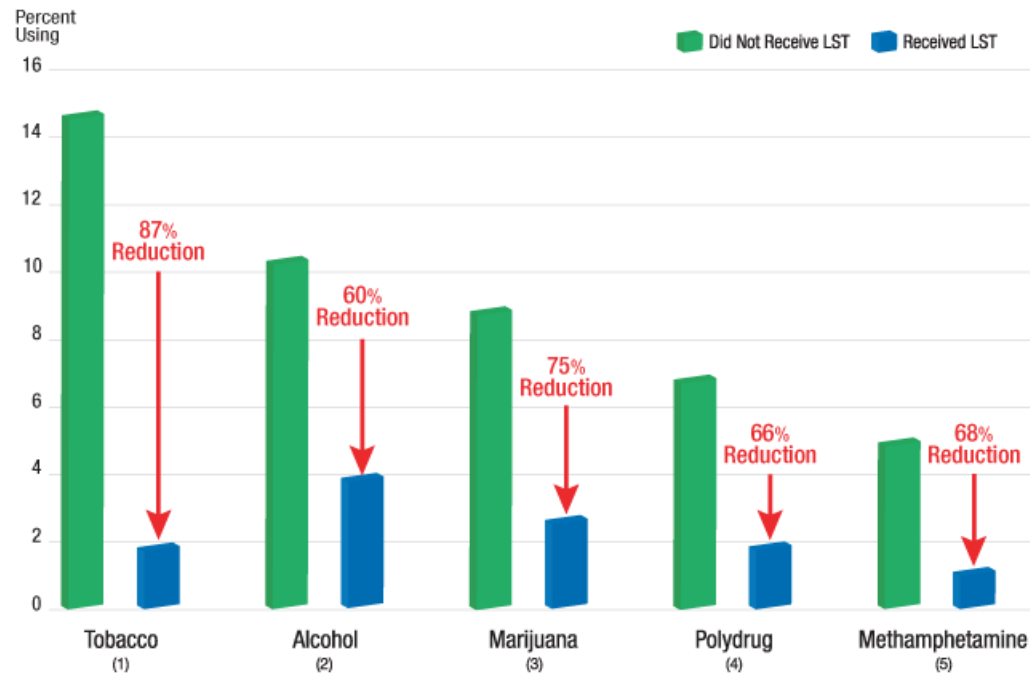
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Cooperative Extension
May 29, 2018

What is the Botvin LifeSkills Program?

- ▶ Developed by Dr. Gilbert Botvin, a leading prevention expert
- ▶ Research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, opioid misuse, and violence by targeting the major social and psychological factors.
- ▶ Comprehensive prevention program that provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.
- ▶ Botvin LifeSkills promotes healthy alternatives to risky behaviors through activities designed to:
 - ▶ Teach students the necessary skills to resist peer pressure to smoke, drink, and use drugs
 - ▶ Help students to develop greater self-esteem and self-confidence
 - ▶ Enable students to effectively cope with anxiety
 - ▶ Increase their knowledge of the immediate consequences of substance abuse

Effectiveness of the Botvin LifeSkills Program

- ▶ Effectiveness:
 - ▶ Reduces Tobacco use by 87%
 - ▶ Reduces Alcohol use by 60%
 - ▶ Reduces Marijuana use by 75%
 - ▶ Reduces Polydrug use by 66%
 - ▶ Reduces Methamphetamine use by 68%

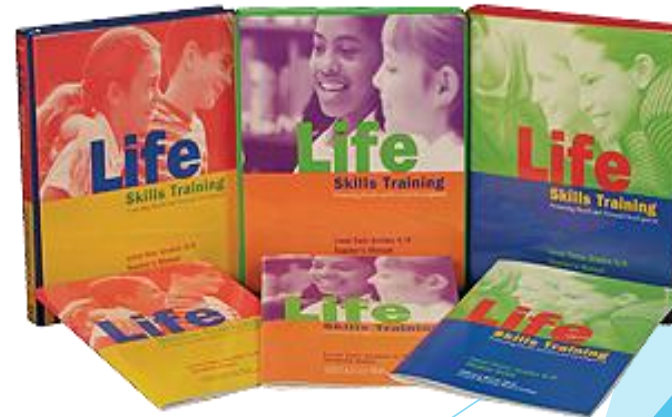


Curriculums Offered

- ▶ Elementary
- ▶ Middle School
- ▶ High School
- ▶ Parent Program

Elementary Curriculum

- ▶ 8 Elementary lessons that are about 30-45 minutes long
- ▶ 3rd-6th grades
- ▶ Topics covered are:
 - ▶ Self-esteem
 - ▶ Decision Making
 - ▶ Smoking Information
 - ▶ Advertising
 - ▶ Dealing with Stress
 - ▶ Communication
 - ▶ Social Skills
 - ▶ Assertiveness



Elementary Level 1 Curriculum Cost

ELEMENTARY SCHOOL LEVEL 1

Student Guide 10 pack \$50

Teacher's Manual \$85

Training Set
(1 Teacher's Manual & 1 Student Guide) \$95

Curriculum Set
(1 Teacher's Manual, 30 Student Guides) \$235

Middle School Curriculum

- ▶ 15 middle school lessons that are about 45 minutes to 1 hour
- ▶ 6th-9th grades
- ▶ Topics covered are:
 - ▶ Self-Image and Self-Improvement
 - ▶ Making Decisions
 - ▶ Smoking: Myths and Realities
 - ▶ Smoking and Biofeedback
 - ▶ Alcohol: Myths and Realities
 - ▶ Marijuana: Myths and Realities
 - ▶ Advertising
 - ▶ Violence and the Media
 - ▶ Coping with Anxiety
 - ▶ Coping with Anger
 - ▶ Communication Skills
 - ▶ Social Skills (A) and (B)
 - ▶ Assertiveness
 - ▶ Resolving Conflicts



Middle School Level 1 Curriculum Cost

MIDDLE SCHOOL LEVEL 1

Student Guide 10 pack \$60

Teacher's Manual \$85

Training Set
(1 teacher's manual & 1 student guide, 1 Stress Management Techniques CD & 1 Smoking & Biofeedback DVD) \$125

Curriculum Set
(1 teacher's manual, 30 student guides & 1 Stress Management Techniques CD & 1 Smoking & Biofeedback DVD) \$295

Prescription Drug Abuse

- ▶ 6th-9th grades
- ▶ 50 minutes long
- ▶ Integrated into the middle school lessons or used as a stand-alone component
- ▶ Intended to be implemented after the Middle School Assertiveness Lesson
- ▶ Print Module or Digital Module

- ▶ Topics covered in the lesson:
 - ▶ What are Prescription Drugs?
 - ▶ Commonly Abused Prescription Drugs
 - ▶ Myths and Realities of Prescription Drugs
 - ▶ Resist Pressure to Abuse Prescription Drugs
 - ▶ Refusal Skills



Prescription Drug Abuse Curriculum Cost

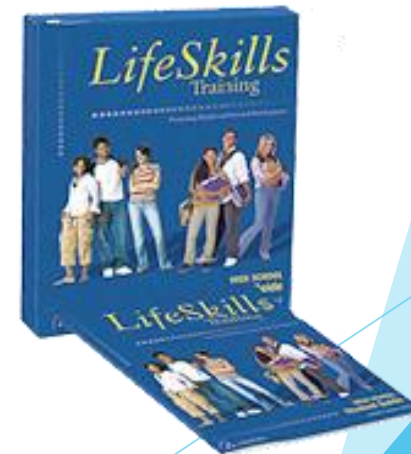
- ▶ **LST Prescription Drug Abuse Prevention Module Digital**
 - ▶ Cost is per teacher with Unlimited Student Access
 - ▶ 20 - 25 minutes of digital content plus 20 - 25 minutes of offline activities \$200.00

- ▶ **LST Prescription Drug Abuse Prevention Module Print**
 - ▶ Cost is per teacher and includes Teacher's Manual insert
 - ▶ plus worksheets for 100 students \$200.00

- ▶ **LST Prescription Drug Abuse Prevention Module Student Worksheets**
 - ▶ Additional packs of 100 \$39.99

High School Curriculum

- ▶ 7 High School lessons that are about 45 minutes long
- ▶ 9th and 10th grades
- ▶ Topics covered are:
 - ▶ The Value of Good Health
 - ▶ Decision-Making for Health
 - ▶ Risk-Taking and Substance Abuse
 - ▶ The Media and Health
 - ▶ Managing Stress, Anger, and Other Emotions
 - ▶ Family Communication
 - ▶ Healthy Relationships




High School Curriculum Cost

Student Guide 10 pack	\$60
Teacher's Manual	\$85
Training Set (1 Teacher's Manual & 1 Student Guide)	\$95
Curriculum Set (1 Teacher's Manual, 30 Student Guides)	\$265

Parent Curriculum

- ▶ Designed for parents of students in 6th-9th grades
- ▶ Can be taught as a parenting workshop or individual use at home
- ▶ Topics covered:
 - ▶ The LifeSkills Training Parent Program Orientation
 - ▶ Family Communication
 - ▶ Parental Monitoring
 - ▶ Being a Good Role Model
 - ▶ Use of Appropriate and Consistent Discipline
 - ▶ Effects and Warning Signs of Substance Use
 - ▶ Taking a Clear Stand on Drugs

Parent Curriculum Cost



▶ Parent Program (1 Parent Guide & 1 DVD)	\$59.95
▶ Parent Program 5-Pack	\$299.00
▶ Parent Program 10-Pack	\$540.00
▶ Workshop Set: (1 Leaders Guide, 1 DVD & 20 Workshop Guides)	\$395.00
▶ Parent Program Training Set: (1 Parent Program Leader's Guide, 1 Parent DVD and 1 Parent Guide)	\$192.00
▶ Leader's Guide	\$175.00
▶ Workshop Guide 10-Pack	\$120.00
▶ Workshop Guide 20-Pack	\$220.00

Train the Trainer Process

Training of Trainers Workshops (TOT)

- ▶ TOT Workshop fee \$1070 includes:
 - ▶ 2 day TOT training workshop
 - ▶ Participant's Manuel (Printed PowerPoint presentations)
 - ▶ TOT inserts
 - ▶ Adult Learning-12 Principals Cards
 - ▶ Princeton Health Press Catalog
 - ▶ Certification to use NHPHA's Training Model for Workshops & Technical Assistance for your site
 - ▶ Access to the TOT Resource Center electronic versions of presentations, documents, and helpful resources
- ▶ Requirements for becoming a Trainer of Trainers (TOT):
 - ▶ Completion of a LifeSkills Provider Training Workshop
 - ▶ Implementation of a least one level of the LST Program for a full cycle

University of Delaware/4-H Program

- ▶ We have been teaching the program for over 15 years through grant funded programs.
- ▶ We have reached over 5,000 youth
- ▶ We teach the program in schools, afterschool's, and community based programs.
- ▶ At the end of the grant cycle all of the pretest/posttest for Delaware 4-H are sent off to be evaluated by National Health Promotion Associates (NHPA)
- ▶ The evaluation is broken down into different categories including knowledge and attitudes on:
 - *Anti-Smoking
 - *Anti-Drug Use
 - *Life Skills
 - *Relaxation
 - *Social Skills
 - *Advertising
 - *Communication
 - *Pro-Smoking Attitudes
 - *Pro Drinking Attitudes
 - *Drug Refusal Skills

University of Delaware/4-H Results

- ▶ Results found through the evaluations:
 - ▶ 96% of students said they would say “no” when someone tries to get you to smoke a cigarette, cocaine, or other drugs
 - ▶ 93% of students said they would say “no” when someone tries to get you to drink beer, wine or liquor
 - ▶ 93% of students said that they would say “no” when someone tries to get you to smoke marijuana
 - ▶ 90% of students said they would say “no” when someone tries to get you to sniff glue, paint, gas, or other things to get high
 - ▶ 91% of students indicated they learned there is something they can do besides go along with peer pressure

Any Questions ??